

THE PROCESS

by Gwen Jones

When you commit to something, whether it is a way of life, a programme or a certain direction, something magical begins.

If it is a programme or a course, when you fill out your application and pay your deposit, it is a signal to “self” that you are committed and “The Process” to support and to assist begins.

It can be a very powerful time. Often we do not know or are not aware of what is happening. Sometimes it can be a time of “clearing” and you may feel inclined to clean out your cupboards or closet.

Sometimes it is a time of reflection, you may sit for hours remembering things. Thoughts and perceptions of events will flow in and out of our focus and then they are gone. You may feel emotional for no apparent reason or just feel happy and free. We are all different and are on different journeys.

If you sign up for a TMI programme or workshop, be aware, that when you have committed to the course, the process of change can start then, regardless of when the course is. To enable us to be ready for changes or the revelations, it helps to release the old to make room for the new, so to speak.

Knowing that we are going through a process is empowering, it can help the process to flow smoothly.

Next time you sign up for something that may be potentially life changing, be aware that you just may have triggered “The Process”. Be aware that there is a purpose for “The Process” even if from your current position you cannot see it.

Most of all, enjoy the journey.